

# Miles for Wellness Challenge 7

## The Lighthouse Tour

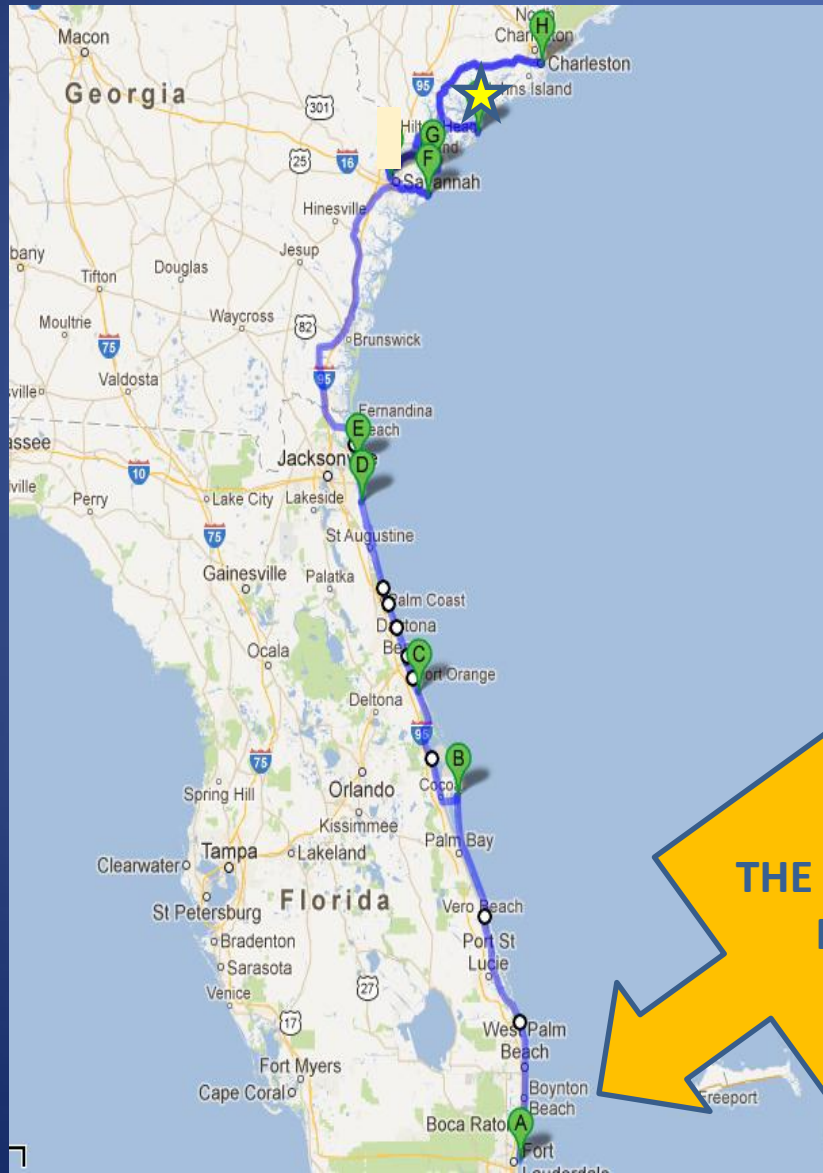
This virtual walk will take you approximately 3,339 miles one way. This equals 6,678,000 steps per team, which equals 667,800 steps per team member. That is a total of 11,130 steps per day which equals 5.565 miles per day.

All team members are encouraged to average  
10,000 steps or 5 miles per day.

\* Remember to check with your physician before starting any exercise program.

# ENJOY YOUR TRIP!

# Cape Florida Lighthouse, Florida to Charleston, SC

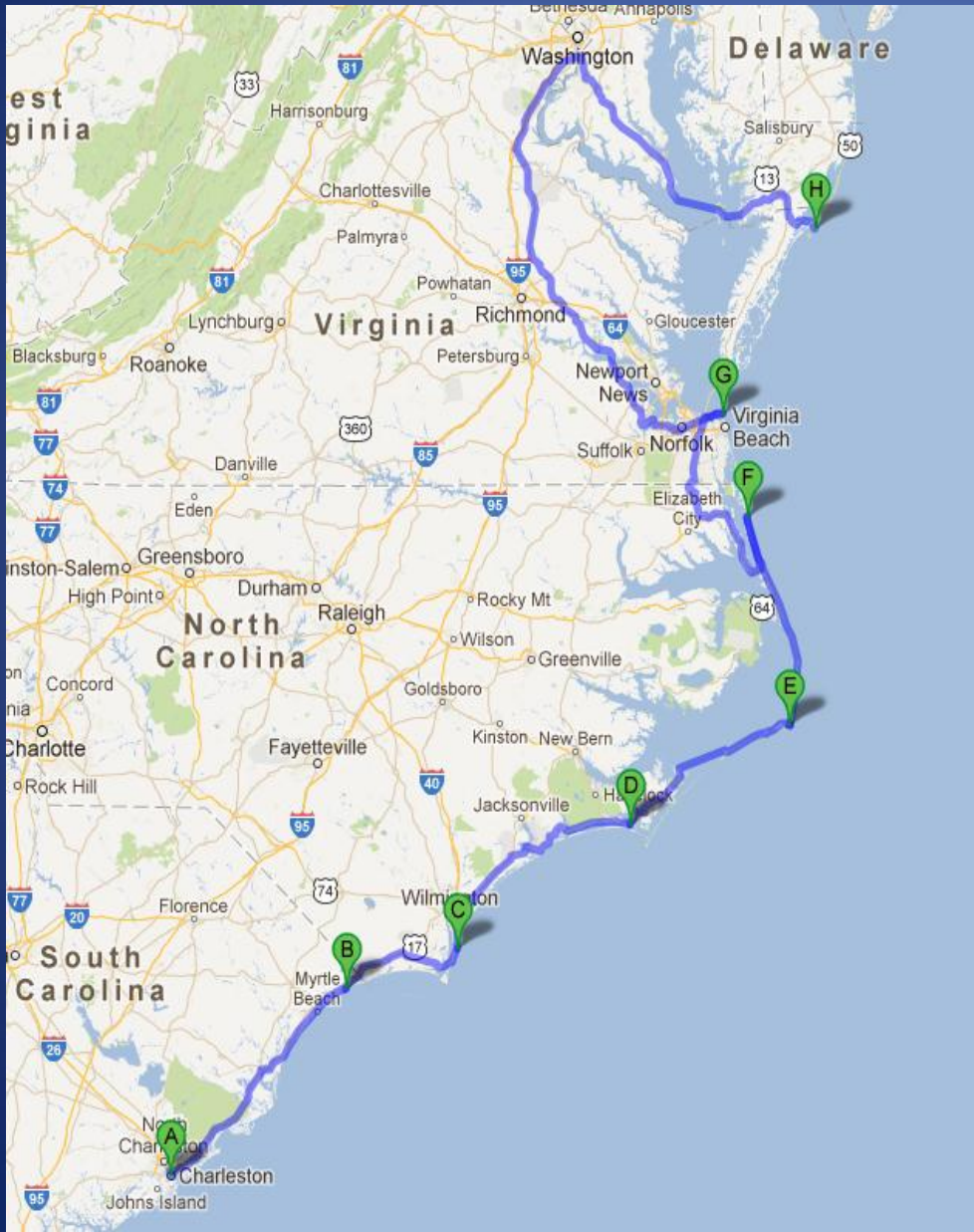


- A. Cape Florida Light, FL
- B. Cape Canaveral Lighthouse
- C. Ponce de Leon Inlet Lighthouse
- D. St. Johns/St. Johns River Lighthouse
- E. Amelia Island Lighthouse
- F. Tybee Island Lighthouse, GA
- G. Harbour Town Lighthouse, SC
- ★ H. Hunting Island Lighthouse
- H. Morris Island Lighthouse, SC

THE STARTING  
POINT

The first 609 miles of our trip.

# Charleston, SC to Assateague Lighthouse, VA



- A. Morris Island Lighthouse, SC
- B. Myrtle Beach, SC
- C. Carolina Beach State Park, NC  
(just north of Bald Head Island Lighthouse and Oak island Lighthouse)
- D. Cape Lookout Lighthouse
- E. Cape Hatteras Lighthouse
- F. Currituck Lighthouse
- G. Old Cape Henry Lighthouse, VA
- H. Assateague Lighthouse, VA

918 miles more to add to our journey.



# Assateague Lighthouse, VA to Navesink Lighthouse, NJ

- A. Assateague Lighthouse, VA
- B. Choptank River (**replica**)  
Lighthouse, MD
- C. Fenwick Island Lighthouse, DE
- D. Delaware Breakwater Lighthouse
- E. Marcus Hook Rear Range  
Lighthouse
- F. Finns Point Range Lighthouse, NJ
- G. East Point Lighthouse
- H. Cape May Lighthouse
- I. Absecon Lighthouse
- J. Barnegat Lighthouse
- K. Navesink Lighthouse, NJ

552 additional miles



# Navesink Lighthouse, NJ to Stonington, CT



- A. Navesink Lighthouse, NJ
- B. Lighthouse Park, Roosevelt Island, NY
- C. Huntington Bay Lighthouse
- D. Fire Island Lighthouse
- E. Montauk Point Lighthouse
- F. Mashomack Preserve (Cedar Island Lighthouse)
- G. Horton Point Light
- H. New Rochelle, NY
- I. Stonington Lighthouse, CT

451 more miles



# Stonington, CT to Providence, RI

- A. Stonington Harbor Lighthouse - Old Lighthouse Museum, Stonington, CT
- B. Block Island Lighthouse, RI
- C. Castle Hill Lighthouse
- D. Newport
- E. Warwick
- F. Providence

Tacking on 140 more miles.



# Providence, RI to Portsmouth, NH



- A. Providence, RI
- B. Borden Flats  
Lighthouse, MA
- C. Chatham Lighthouse
- D. Cape Cod (Highland)  
Lighthouse
- E. Scituate Lighthouse
- F. Newburyport Harbor  
Range Rear  
Lighthouse
- G. Portsmouth Harbour  
Lighthouse, NH

323 more miles added to our trek!

# Portsmouth, NH to Rockland, ME



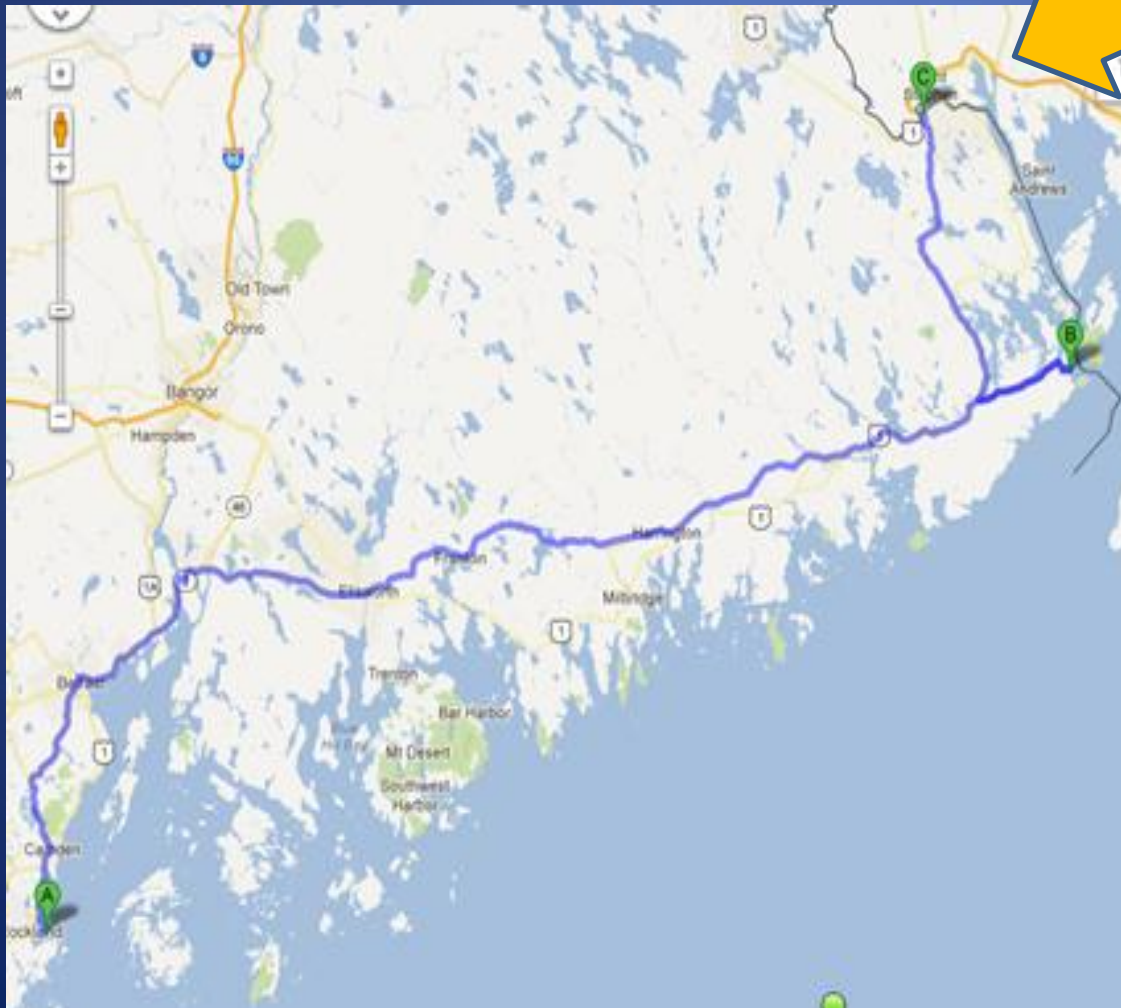
- A. Portsmouth Harbour Lighthouse
- B. Cape Neddick (Nubble) Lighthouse
- C. Portland Breakwater Light
- D. Rockland Breakwater Lighthouse

160 miles with one more leg of  
our trip to go!



# Rockland, ME to Whitlock Mill Lighthouse, ME

**YOUR FINAL  
DESTINATION!**



- A. Rockland Breakwater Lighthouse
- B. West Quoddy Lighthouse (easternmost of point)
- C. Whitlock Mills Lighthouse (northernmost point)

186 miles ends our trip!

# GREAT JOB!!!

# You did it!!!

Have a safe and healthy summer  
and thanks for joining us!

See you in the fall for Challenge 8!